







# 2002 march



# Gaeta Fleet & Family Support Center Monthly Events



Website: [www.nsa.naples.navy.mil/gaetaffsc](http://www.nsa.naples.navy.mil/gaetaffsc)

monday	tuesday	wednesday	thursday	friday
	 <b>Happy St. Patrick's Day</b> (17 March)		 <b>8 March Happy Woman's Day</b>	
4 Pre-Departure Employment part 1 Resumes <b>Talk Italian</b>	5 Windshield Tour Pre-Departure Employment part 2 RESUMIX Employment Opportunities in Gaeta	6 Pre-Departure Employment part 3 Internet Job Search <b>Talk Italian</b>	7 	8 <b>PREP</b> <b>FINANCIAL RESPONSIBILITY IN THE MILITARY</b> <b>Talk Italian</b>
11 <b>Talk Italian</b>	12 Windshield Tour Employment Opportunities in Gaeta Stress Management	13 Intro to Word Smooth Move <b>Money &amp; Move</b>	14	15 <b>PREP</b>
18 Transition Assistance Program	19 Windshield Tour Develop a Spending Plan Transition Assistance Program <b>Talk Italian</b>	20 Intro to Excel Transition Assistance Program	21 Sponsorship Training Transition Assistance Program <b>Talk Italian</b>	22 <b>PREP</b>
25 <b>Italian Cooking Class</b> <b>CONSEP</b> <b>Talk Italian</b>	26 Windshield Tour <b>CONSEP</b>	27 Intro to PowerPoint <b>CONSEP</b> Intercultural Relations <b>Talk Italian</b>	28 <b>CONSEP</b> Trip to Rome/ICR	29 Split Mountain Tour <b>Talk Italian</b> Area Orientation

**PREP**

**1, 8, 15, 22, PREP (Prevention & Relationship Enhancement Program):** Learn effective communication skills; and how to add fun into your friendship and intimacy. This is a continuation from February's class. (6:00-7:30pm)



**4, Pre-Departure Employment Resumes:** Part 1 of 3 relocation employment classes designed to get you off on the right foot with Resumes. Bring in your old Resume for a facelift. (1:00-3:00pm)



**4, 6, 8, 11, 19, 21, 25, 27, 29 Talk Italian:** Learn how to speak Italian with our ICR Specialist, Marisa Di Nitto. This class is ONLY for beginners. Seats are limited. (5:00-6:30pm)



**5, Pre-Departure Employment Part 2 Resumix:** Design to help you understand the RESUMIX process. (1:00-3:00pm)



**5, 12, Employment Opportunities in Gaeta:** This class covers all local employment and volunteer opportunities. (9:00-11:00am)



**5, 12, 19, 26, Windshield Tour:** Great overview of the sites in Gaeta and Formia. Please call to reserve a space available after 9:00 am. (1:30-3:30pm)



**6, Pre-Departure Employment Part 3 Internet Job Search:** The last of the 3 part series that will introduce you to job searching on the Internet and provide you with the skills needed to contact employers in cyberspace. (1:00-3:00pm)



**8, Financial Responsibility in the Military:** This program covers Navy policy and disciplinary procedures in the area of personal finances, checking and loan procedures. Designed for junior sailors E-4 and below. (8:00-5:00pm)



**12, Stress Management:** Learn how your nutrition and sleeping habits affect your stress level. (2:00-4:00pm)



**13, Smooth Move:** Learn about your moving allowances, household goods, utility closeouts, and more. (9:00-12:00am)



**13, Money and the Move:** Good financial planning is a key to a successful move. Consider all the expenses of a move, take a look at your current spending plan and make some projections based on anticipated expenses and be prepared for the best! (1:00-2:00pm)



**13, Introduction to Microsoft Word:** Hands-on training in creating, editing documents and enhancing text/graphics capabilities. (9:00-3:00pm)



**18, 19, 20, 21, Pre-Separation TAP:** Assist separating military members in developing job-search skills. Computer classroom is reserved for this week. (8:00-5:00pm)



**19, Develop a Spending Plan:** Do you have trouble making it from one paycheck to the next? This workshop can help you develop a realistic spending plan. With a spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals. (9:00-10:00 am)



**20, Introduction to Excel:** The inexperienced user is led step by step through powerful electronic spreadsheet. Must be a Windows user. (9:00-3:00pm)



**25, Italian Cooking Class:** Learn how to prepare delicious Italian recipes at the

IPSSAR Cooking School in Gianola, Formia. Fee of 13.00 Euro is to be paid upon registration, and you get to have a great meal! (9:30-1:30pm)



**25, 26, 27, 28, - CONSEP:** (Career Options and Navy Skills Evaluation Program) This is a four-day class for Sailors at their 6-12 year mark two years prior to their EAOS. The class will primarily focus on career development both in the Navy and outside the Navy.



**27, ICR:** (Intercultural Relations) This classroom session covers Italian language, history, culture, customs, and shopping. (8:30-4:00pm)



**27, Introduction to Power Point:** Create a full presentation including text, graphics, and charts to make your own flyers. Must be a Window user. (9:00-3:00pm)



**28, ICR Rome:** This transportation oriented field trip is open all those who have attended and ICR classroom session. (8:00-5:00pm)



**29, Area Orientation:** Learn everything you need to know about setting up your home on the economy. (8:30-2:30pm)



**29, Split Mountain:** Learn about one of Gaeta's most magnificent landmarks. Meet outside the post office. (2:30-4:30pm)



**29, Sponsorship Training:** This training is for volunteers and assigned sponsors. You will learn how to make your job as a sponsor easier and most important, make the new comer's relocation a lot smoother. (10:00-11:00).



To sign up for classes call 0771-709818 or come to visit us!!